Women's Track and Field

KELLEY HUDSON
SSC SENIOR STANDOUT

SALISBURY STATE COLLEGE

Prospectus

Carrying only eight runners on the roster this season, Salisbury State College women's outdoor coach Don Cathcart will be concentrating more on individual performances rather than team scoring.

Entering his first full season as head coach for women's track, Cathcart is hoping to see much improvement out of his young and promising group of runners.

Heading the list is senior standout Kelley Hudson, who has been a mainstay on the women's squad for four seasons. Hudson, freshman Buffy Gavigan and Sue Lawrence are the Gulls' strength in the middle distance events.

Newcomers Patty Ann Hall, Karen David and Ginny Suntum focus their individual talents in the longer races, while the only sprinter on the squad, Mona Curry, will be supporting the Gull cause in the 100 and 200-meter events.

Freshman Mary Beth Townsend will be taking advantage of her leaping ability, concentrating mostly on the hurdles, long jump and high jump.

Head Coach

Don Cathcart—Dr. Cathcart is in his first year at the helm of the cross country and track programs at SSC. A California native, Dr. Cathcart spent several seasons assisting both the men's and women's track teams at SSC before becoming head coach. An avid runner, he also coached track while living in Hawaii for five years. He graduated from the University of Hawaii and earned a master's degree at the San Diego State University. Dr. Cathcart also holds a doctorate in Education from Indiana University. He is chairman of the Math Sciences Department at SSC.

Roster

Name	GR	Hometown High School
Curry, Mona	Jr	Kensington Albert Einstein
David, Karen	So	Rockville Rockville
Gavigan, Buffy	Fr	Columbia Hammond
Hall, Patty Ann	Jr	Popuoson, Va Popuoson
Hudson, Kelley	Sr	Salisbury Parkside
Lawerence, Sue	Sr	Pasadena Chesapeake
Sustum, Ginny	So	Takoma Park Mont. Blair
Towsend, Mary Beth	Fr	Salisbury Parkside

Breakdown in Events

Sprinters: Mona Curry
Middle Distance: Kelly Hudson, Sue Lawerence, Buffy Gavigan, Ginny Suntum
Long Distance: Patty Ann Hall, Karen David
Hurdles, Long Jump: Mary Beth Townsend

Flash Facts

Location . . . . . .Salisbury, Maryland 21801
Enrollment. . . . . 3,200 (co-ed full time)
Colors . . . . . Maroon and gold
Nickname . . . . . Sea Gulls
Affiliation . . . . . NCAA Division III
Facilities . . . . All-weather, quarter-mile track
President . . . . . Dr. Thomas Bellavance
Chairman Dept. of P.E.. . . Dr. K. Nelson Butler
Director of Athletics . . . . . Deane D. Deshon
(301) 543-6345
(301) 742-7458 Home
Men's Track Coach . . . . . .Bobby Cannon
(301) 543-6338
Women's Track Coach . . . . . .Don Cathcart
(301) 543-6464
Sports Information Director . . . . . Jean Elliott
(301) 543-6030 or 6033
Sports Information Assistant . . . . Mark Zeigler

1983 Schedule

March		
26	Towson Invitational	A
April		
1-2	Battleground Relays	A
5	UMES	H
9	Captain's Classic	A
16	UMBC	H
23	Mason-Dixon Relays	A
May		
6-7	Mason-Dixon Championships	

1982 Results

SSC 83, UMBC 22, Prince George's 14
Glassboro State 58, Gloucester CC 52½, SSC 42½
Mason-Dixon Championships - 7th of 11 teams
AIAW National Championships - (tied) 46th of 50 scoring teams
Highlights: **Cindy Daugherty**, All-American (AIAW), 6th place in Heptathlon, outstanding performer at Messiah Invitational

SSC Salutes 1982 AIAW All-American Cindy Daugherty

At the 1982 AIAW National Track and Field Championships, SSC's Cindy Daugherty collected a total of 4,330 points to capture sixth place in the heptathlon, thereby earning all-American honors. These are the events, times, and/or distances in which Daugherty participated that May weekend at Bloomsburg State College.

Daugherty Stats

100 M Hurdles	16.5 s
Shot Put	11.61 m
High Jump	1.54 m
200 Meters	29.1 s
Long Jump	15'9"
Javelin	110'
800 Meters	2:51

Who's Who

DISTANCE RUNNERS

Kelley Hudson - Senior captain of women's cross country team. Very experienced distance runner. Coming off injury last fall, but hopes to rebound back to her old form. Main event is 1,500 meters.

Buffy Gavigan - Freshman standout from Howard County. Has excellent endurance; will concentrate on 3,000 meter races this season.

Sue Lawerence - Coming off successful cross county season. Possesses good speed and endurance. Will concentrate on 800 and 1,500 meter events.

Patty Ann Hall - Two-miler in high school. Coming back to track after several years absence. Hopes to benefit squad in 3,000 meters.

Karen David - Ran cross county and was member of swim team this past fall and winter. Shows excellent determination and endurance. Will concentrate on 3,000 meters.

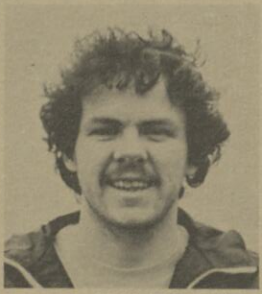
Ginny Suntum - First season running competitively in college. Hopes to improve in 1,500 and 3,000 meters.

SPRINTER AND JUMPER

Mona Curry - Transfer from Montgomery College. Third year of track on college level. Squad's only sprinter; will concentrate on 100, 200 and 400 meter races.

Mary Beth Townsend - Team's only hurdler and jumper. Also will help out on relay events. Will concentrate on 400 meter hurdles and the long jump. Also can high jump. Parkside grad.

Men's Track and Field



DAVE BAKER
200 - 800 METER MAN

SALISBURY STATE COLLEGE

Prospectus

Five years ago Salibury State College runner Bobby Cannon was setting all kinds of track records in the 400- and 800-meter races for the Gulls. Now Cannon, as head coach of the SSC men's track program, will try to impart that record-breaking outlook on this year's squad.

Entering his first season at the helm of the men's track team, Cannon, a former track and cross country coach at James M. Bennett High School, finds himself with a squad dominated with freshmen and sophomores.

Nineteen tracksters comprise this year's SSC squad, mainly distance runners and weight men. The Gulls will be shorthanded in the field events, especially the long jump, triple jump and pole vault, where there are few competitors.

Senior Jay Watt, who holds the school record at 800 meters (1:54.1) is one of Cannon's top middle distance runners. Jay Udovich, another senior and another SSC record holder (at 1,500 meter, 3:57.6), has high hopes of gaining national recognition this season in the 1,500 and steeplechase.

Sporting some very talented distance runners this season, the SSC tracksters hope to get some mileage out of cross country standouts Les Wright, Dave Dulis, Howard Wright, Ross Welch and Jerry Thomas.

Les Wright, probably "the most versatile runner on the team," according to his coach, can run any event between 400 and 10,000 meters. The Salisbury native was the team's top cross country runner last fall.

Dulis, a Laurel native, has been hampered with leg injuries, but hopes to rebound to his old form. Like Wright, Dulis is versatile, running in events 800 meters and longer. Another Wright, Howard, hopes to become the team's top long distance man, concentrating mainly on the 5,000 and 10,000 meter races, as will teammate Ross Welch.

Leading the Gull speedsters will be Wicomico High grad Eddie Taylor. Taylor, in his first track season at SSC, will run the 100- 200- and 400-meter dashes. James M. Bennett grads Dave Baker, who hopes to give an added boost in the 400- and 800-meter races, and Richard Hall give the Gulls added local talent. Another 400-meter man, James Lippitt, played on the SSC basketball team this winter.

Among the jumpers this season, freshman Lionel Henderson will focus his talents in the triple jump and the sprinting events. High jumper Bill Hunsberger, a freshman out of LaPlata High, hopes to break the SSC record of 6'6". The Waldorf, Md. resident has already reached 6'4". He also throws the javelin.

One of the top returnees from last year's field events is Blair Willing. The Wicomico grad was the top discus thrower last season at 122'6", and will also compete in the shot and javelin. Heading the list of weight men are Salisbury area high school grads George Pusey and Joe Adkins. Wells, a state champion in the discus at Wi-Hi, also excels in the shot put.

1982 Results

Captain's Classic - 4th of 10 teams
UMBC 91, SSC 59, Prince George's CC 20, Washington 11
Frostburg 120, Towson 33, SSC 12
Mason-Dixon Championships - 7th of 9 teams

Roster

NAME EVENT	AGE	CLASS	HOMETOWN	HIGH SCHOOL
Adkins, Joe	F	22	Jr.	Salisbury	J.M. Bennett
Baker, Dave	S	22	So.	Salisbury	J.M. Bennett
Dulis, Dave	D	21	Jr.	Laurel, Del.	Laurel
Hall, Richard	D	19	Fr.	Salisbury	J.M. Bennett
Henderson, Lionel	S-F	19	Fr.	Wilmington, Del.	Thomas McKean
Hunsberger, Bill	F	18	Fr.	Waldorf	LaPlata
Lippitt, James	S	19	Fr.	Bethesda	Walt Whitman
Pusey, George	F	18	Fr.	Salisbury	Wicomico
Taylor, Eddie	S	18	Jr.	Salisbury	Wicomico
Thomas, Jerry	D	20	So.	Hollywood, Md.	Leonardtown
Udovich, Jay	D	23	Jr.	Rockville	Rockville
Watt, Jay	D	22	Sr.	Baltimore	Woodlawn
Welch, Ross	D	20	So.	Salisbury	Bel Air
Willing, Blair	F	20	So.	Salisbury	Wicomico
Wright, Howard	D	20	So.	Huntingtown	Great Mills
Wright, Les	D	20	Jr.	Salisbury	J.M. Bennett

SSC Records

EVENT	RECORD HOLDER	TIME/DIST/HT	YEAR
100 YARD DASH	Jeff Polk	9.4	1975
100 METER DASH	Jeff Polk	10.3	1975
220 YARD DASH	Jeff Polk	20.9	1973
200 METER DASH	Jeff Polk	20.7	1973
440 YARD DASH	Bobby Cannon	49.4	1977
400 METER DASH	Bobby Cannon	49.1	1977
880 YARD RUN	Jay Watt	1:56	1981
800 METER RUN	Jay Watt	1:54	1981
1500 METER RUN	Jay Udovich	4:02	1981
MILE RUN	Jay Udovich	4:24	1981
5,000 METER RUN	Bernie Guy	15:27	1980
10,000 METER RUN	Bernie Guy	31:40	1980
120 YARD HIGH HURDLES	Steve Pitt	14.1	1975
440 YARD INT HURDLES	Steve Pitt	53.8	1975
MARATHON	Vernon Johnson	2:48.0	1974
STEEPLECHASE	Paul Dawson	9:44	1977
LONG JUMP	Jeff Polk	23'0	1975
TRIPLE JUMP	Larry Olmstead	45'6 3/4	1976
HIGH JUMP	Gene Hawke	6'6"	1976
	Paul Arnold	6'6"	1978
POLE VAULT	Buddy Hedges	14'0"	1977
SHOT PUT	Pete Pratt	48'3"	1980
DISCUS	Pete Pratt	150'0"	1980
JAVELIN	Gene Hawke	218'8"	1976
PENTATHLON	Gene Hawke	3164 pts	1976
DECATHALON	Gene Hawke	6712 pts	1976
RELAYS:			
440 YARD RELAY	Evans, Pitt Lavalley, Polk	41.8	1974
880 YARD RELAY	Evans, Pitt Lavalley, Polk	1:27.2	1974
MILE RELAY	McSorley, Lavalley Pitt, Polk	3:19	1974
TWO-MILE RELAY	Weinhold, L. Wright Watt, Udovich	7:50.7	1981
FOUR-MILE RELAY	Cannon, Perdue Guy, West	18:42.3	1978
SHUTTLE HURDLE RELAY	Evans, Hart Lavalley, Pitt	1:01.7	1974
SPRINT MEDLEY RELAY	Udovich, Cannon Gribbin, Quillen	3:30.1	1980
DISTANCE MEDLEY RELAY	Baker, L. Wright Watt, Udovich	10:22.1	1983

Coach

Bobby Cannon

Cannon is in his first season as head coach at SSC. He spent last season as assistant coach before replacing Lloyd Sigler in the fall.

Cannon coached cross country at James M. Bennett High School for two years prior to coaching on the college level. He earned a B.A. in Sociology at Salisbury State College in 1980 and will complete his master's degree in Education at SSC this spring. Cannon also holds the SSC record in the 400-meter dash with 49.1 clocking. He is a 1976 graduate of Cambridge-South Dorchester High School.

1983 Schedule

March		
26	Towson Invitational	A
April		
2	Battleground Relays	A
5	Glassboro, UMES	H
9	Captain's Classic	A
16	UMBC	H
19	Frostburg, Towson	H
23	Mason-Dixon Relays	A
29	Penn Relays	A
May		
6-7	Mason-Dixon Championships	
23-28	NCAA Championships	

Who's Who

Runners

Jay Udovich

Division III all-American candidate in 1,500 meters and/or steeplechase. One of top runners in the conference. Holds SSC record in 1,500 with 3:57.6.

Jay Watt — Looking for all-Conference (Mason-Dixon) laurels in 800. Holds SSC record in 800 meters with 1:54.1.

Les Wright — No. 1 cross counrty runner at SSC last season. Very versatile runner. Can run from 400 to 10,000 meters. Best event is 1,500. Probably most valuable member of squad.

Dave Dulis — No. 2 runner during cross country. Recovering from injuries during indoor track. Versatile, can run 800 meters and up.

Howard Wright — Very consistent runner. First season at SSC. Runs 1,500 meters and up.

Jerry Thomas — First track season at SSC. Runs 800 and 1,500 meters.

Ross Welch — Behind Wright and Dulis in cross country in 10,000 meters.

weight men

Blair Willing — Top discus thrower at SSC last year with 122'6". Also competes in shot and javelin. Wi-Hi grad.

George Pusey — Freshman discus thrower out of Wi-Hi.

Joe Adkins — Throws shot and discus. Bennett grad.

sprinters / jumpers

Dave Baker	Long sprinter. Top 400 meter man at SSC. Excels at 800 meters, too.
Ed Taylor	First season of track at SSC. Can run 100, 200 and 400 meters. Wi-Hi grad.
James Lippitt	Freshman from Montgomery County. Runs 400 meters. Played basketball for Gulls this season.
Richard Hall	Bennett grad. Runs 400 and 800 meters.
Lionel Henderson	Triple jumper from Wilmington, Del. Combines strengths in jumping and sprinting.
Bill Hunsberger	High jumper from LaPlata. Hopes to break SSC record in event. Has reached 6'4" in high school. Also throws javelin.

Flash Facts

Location . . . . . .Salisbury, Maryland 21801
Enrollment. . . . . 3,200 (co-ed full time)
Colors . . . . . Maroon and gold
Nickname . . . . . Sea Gulls
Affiliation . . . . . NCAA Division III
Facilities . . . . . All-weather, quarter-mile track
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